



"Being a single parent while my husband was deployed was tougher than I thought. The counselor helped me with talking with my kids about the separation. And she was so close to home."

— Indiana Army National Guard Spouse

**If you need help,
call toll-free
24 hours a day,
7 days a week:**

(888) 755-9355

Private Counseling Service



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*Provided by DoD at no cost to
Service members and their families.*



Troop and Family Counseling Services for National Guard and Reserves

*Helping you and your family
during deployment, reunions
and other times of change.*



**Convenient 24-hour, Year-round Access
Free, Private Services**

Have you recently returned from deployment, are being deployed or are welcoming someone who has just returned?

Are things not working out as smoothly as you hoped?

We can help.

Our professional counselors are available 24 hours, year-round to make the transition easier for you and your family.



How We Can Help

Our counselors can help you and your family problem-solve with issues resulting from deployment, reunions, reintegration and other times of change, including:

- Marriage and relationship issues
- Family issues
- Stress and anxiety
- Depression
- Grief and loss
- Anger management
- Parent and child communication

You and your family are entitled to six prepaid, face-to-face counseling sessions.



About Our Counselors

Our counseling professionals include social workers, marriage and family counselors, psychologists, and child and youth counselors.



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